Helping Children with Sexual Behavior Problems

Creating a Healthy Sexual Environment

- Eliminate access to sexual material on the Internet – websites, games, chat-rooms.
- Eliminate access to sexual material on TV – adult content (Soap operas and cable shows) as well as sexual music and dance shows/videos.
- Eliminate access to media with aggression and violence.
- Consider getting rid of cable TV.

Maintaining Healthy Boundaries

- **Rules for Privacy around Bodies:** Private parts are private. Respect people’s space bubbles, one person in the bathroom rule, dress privately, and respect people’s desire for modesty.
- **Create Safety for Possessions:** Respect family member’s desire to keep their things private (journals, special objects).
- **Creating Emotional Safety:** Parents/Adults argue separately from children, no sexual jokes, no sexual comments about people’s bodies, adult/teens do not share about their sexual thoughts and activities with children, and no ridiculing people’s body/appearance.
- **Creating Safety with Behavioral Boundaries:** Do not force children to give or accept affection, adults & teens do not get out of control when they are drinking, and adults and teens do not get out of control when they argue (people fight fair).
- **Encourage Healthy/Safety Interactions around Touch:** Remember to continue to give lots of safe touch to children with sexual behavior problems.

Making The Home Safe for All Children (especially important when children have severe sexual behavioral problems):

- Consult with a counselor with expertise in treating children with severe sexual behavior problems.
- Child with Sexual Behavior problem needs privacy with sleeping, bathing, and dressing. If they cannot have their own room, sleeping next to parent in a sleeping bag or cot is recommended.
- Supervise (line-of-site) children at all times.
- Consider motion detectors. If recommended by counselor.
- Notify all family members of the child’s sexual behavior problem – be matter-of-fact, child has a problem we are helping him with, just like other people in the family have problems they are working on. All family members agree that telling about inappropriate touching is the way to help the child with the problem. Check in with other children (alone) regularly to see if touching has occurred.